



# How To **LAST LONGER**

The Ultimate Guide On How To  
Last Longer In Bed And Eliminate  
Erectile Dysfunction Forever

**J E R E M Y   A N D R E W S**

# How to Last Longer

*The Ultimate Guide On How to Last Longer in Bed and  
Eliminate Erectile Dysfunction Forever*

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## Free Book

Are you sick of that dark and empty feeling, and the dread that you feel in the pit of your stomach when you wake in the morning? Do you want to become that incredible person that turns heads when they walk into the room, purely because they're so darn happy? Perhaps you want to really transform your life, break free from your chronic depression and anxiety and really start living your life?

**If so, this book is exactly what you need.**



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Because you've probably explored several so-called ways to feel good and stay feeling that way. You've probably shelled out more than a

handful of dollars along the way, but you still get that feeling that you're not living in the way you should be. You might have experimented with several approaches but never quite found the technique that hits the spot and helps you unlock that inner happiness for good.

You know, I used to think like you do. I used to struggle to keep myself going through the day, battling negativity and sadness. And I kept on buying those self-help guides, listening to recordings and hoping that they'd have a magical effect upon my mood. Of course, they didn't make a scrap of difference at all.

But what I didn't realize is that I had to choose to be happy.

I had to discover the happiness that was already right there inside of me, and let it out into the big wide world. And now I'm going to share with you the fail-proof methods I have unearthed over the years that will practically guarantee that you will finally get the happiness that you deserve.

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- Why Failure Is Always Your Friend
- How to Make Your Dreams Materialize
- The Unforgettable Trick for A Healthier Bank Balance
- What Fresh Air and Green Space Does for Your Soul

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# Introduction

I want to thank you and congratulate you for downloading the book, *“How to Last Longer: The Ultimate Guide On How to Last Longer in Bed and Eliminate Erectile Dysfunction Forever”*.

This book contains proven steps and strategies on how to last longer in bed. For both women and men sex is an important part of their lives. A good sex life balances your life and makes you confident and happy. This contributes to a better understanding between you and your partner, it helps you communicate and enjoy life. We have to admit how important sexual compatibility is. However, sometimes it becomes quite difficult to have a fulfilling intimate life, because of many reasons: stress, everyday worries, physical or emotional problems, too high expectations and so on.

This book is a guide for men who want to last longer in bed and eliminate erectile dysfunction. Nowadays, many couples are confronting with this problem and find it difficult to talk about it. But the good news is that it can be resolved, if you take it seriously and focus on finding a solution. Many men are going through this experience in their lives, irrespective of their age, social condition or anything else. Stress affects us all more than ever and this is one major cause of erectile dysfunction.

It is true that it is very unpleasant and it can affect your ego and self-esteem; but remember it can happen to anyone and if you sit and complain about it, nothing will change. On the contrary, it will only make things worse and affect your relationship. That is why you have to take action, to learn more about erectile dysfunction and find a constructive way to solve the problem. Don't let yourself overwhelmed by this experience, try to be positive, to find the support you need to overcome this situation and believe in yourself.

More and more men are dealing with this issue nowadays and this affects their relationship and their whole lives. Yes, we have to admit erectile dysfunction is not something you can easily talk about, because it makes you feel uncomfortable and unimportant. Men are even more reluctant to talking about their problems, especially if this involves a very personal thing.

However, nothing can be solved if no action is taken. As unpleasant and embarrassing as it is, men have to understand that erectile dysfunction is a treatable condition. It can be improved and resolved, as long as they take it seriously and do the right thing. And what is the right thing to do in this case? See a doctor. Get medical help from a specialized person, who can help you understand what you are going through.

Talk to your partner; let her know your feelings and worries, without thinking this will make you weak. On the contrary, this will only make you stronger and involved in your relationship. Erectile dysfunction can be annoying for both of you and it can be frustrating for your partner, as well. But the good news is that you can solve this problem. If you are determined and you know what you have to do, things will be easy.

It is also a great guide which can help you improve your sexual performance and eliminate erectile dysfunctions.

Thanks again for downloading this book, I hope you enjoy it!

# Chapter 1: About Erectile Dysfunction

Erectile Dysfunction refers to the impossibility of having or keeping an erection firm enough for sexual intercourse; sometimes it is also called impotence. In the majority of cases, it is temporary, as long as it is treated. It can affect your relationship and the quality of your intimate life, if you don't take action. Fortunately, erectile dysfunction is a treatable condition.

If this happens once in a while, it is not necessarily something you should worry about. However, if it is an ongoing problem, it can affect your life, your self-confidence, the relationship with your partner and it can lead to a high amount of stress. You should also take into account the fact that this could be related to a health condition you are not aware of and you should treat.

The best thing you can do about it is see a doctor. You have to get over the embarrassment of the situation and think of your own good. The doctor will be able to help you discover the causes of erectile dysfunction and offer you a specialized treatment. The sooner you do this, the better you will find the solution you need. This has to be your priority, finding a solution for your problem. No matter how embarrassing or annoying it may be.

Many men don't consider this to be a problem until it's quite late, before they don't like to admit that they have a problem. But you have to know that erectile dysfunction can be more than a problem, it can hide another health problem you might be unaware of. In time, if you don't do anything about it, it can affect your health and the relationship with your partner. Frustrations can appear, especially if you are not used to talking to each other, if your communication is not very good and you don't understand each other.

Therefore, don't neglect the symptoms and go to a doctor as soon as you can, if you want to understand what is going on. Postponing it is not the solution and it can make things worse.

## **Symptoms of erectile dysfunction**

Difficulty getting an erection

Difficulty keeping an erection

Low libido or desire for sex

## Causes

There can be physical and psychological possible causes. There are many causes which can lead to erectile dysfunction. They can be related to emotions, hormones, the brain, blood vessels, muscle or nerves. You should also consider stress and other mental health worries. Stress is one of the most common psychological causes, affecting the quality of your sex life and your good mood. Nowadays, stress is part of our everyday life and we don't realize how much it can affect us in the long run. Because we can't manage to separate our professional life from our personal life, we become frustrated, stressed, tensed and this can have a negative impact on our sexual life, as well.

Other health conditions can also affect our intimate life, which is why you need to take your medications, follow the doctor's guidelines and try to lead a healthy lifestyle. All these changes can improve the quality of your life and, especially, your intimate one. Ideally, you should check your health at least once a year, starting with blood tests, ultrasounds, urine analysis, heart control and anything your doctor might think it's important.

You should also take great care of your diet and of your mental health. It is important to take care of yourself, to have a peaceful life, to enjoy the moments you can spend together with your partner. As you are growing older, the needs of your body are changing and you need to be prepared for that. You need to focus on yourself, on sleeping well, on exercising and doing the best you can to have a healthy lifestyle.

It is no surprise your erections will not be as fast and firm as they used to be, but this doesn't mean you can't enjoy your intimacy anymore. There is no reason to believe that, you just need to know that it might take a longer time to have an erection and maintain it for a longer period of time. But this doesn't mean that you will no longer be able to have an erection.

As we have already said, there can be many possible causes for erectile dysfunction and the best way to discover them is to see your doctor and follow his/her instructions. Don't hesitate, because this can't be solved without a specialized treatment and postponing it is not to your advantage.

## **Physical causes**

Diabetes

Heart disease

Atherosclerosis

High blood pressure

Metabolic syndrome

Multiple sclerosis

Parkinson's disease

Obesity

Peyronie's disease

Alcohol use

Smoking

Some types of medications

Sleep disorder

Prostate cancer

Injuries or surgeries of the spinal cord or pelvic area

Bicycling for a long period

## **Psychological causes**

Stress

Depression

Anxiety

Mental health conditions

Communication problems

Low self-confidence

## **Complications**

Stress

Anxiety

Relationship problems

Low self-esteem

Embarrassment

Unsatisfying sex life

As you can see, erectile dysfunction has many possible causes and complications. It is also important to know that as you get older, you might need more time than usual to have and maintain an erection. It is true that this condition increases with age. It usually appears to men over 50 years, but this is not a rule. Also, it doesn't mean that if you need more time to get an erection you are suffering from erectile dysfunction.

The best thing you can do is see a doctor, because he/she will diagnose you correctly and offer you solutions for your problem. Unfortunately, many men refuse to do that, because they feel embarrassed and prefer to diagnose and treat themselves, with the help of the Internet. This is quite dangerous and it may put your health at risk. Online diagnosis can't replace a physical examination and other tests your doctor might ask you to do. Therefore, it is better to put the shame aside and see a doctor from the beginning.

Your health should be your number one priority. Nothing has to be more important than that and you have to understand that the doctor is the only person who can really help you. If you choose to take medication without seeing a doctor, you are exposing yourself to many risks and this is not to your advantage. Therefore, don't put yourself to useless risks and don't play games with your health; it is better to let someone specialized in this

field help you in an adequate way.

We know it can be unpleasant to admit that you are having troubles with your erections, but try to communicate with your partner and find a solution together. You are not alone in this thing, your partner is also an important part and you can count on support on her side. Talking to your partner is really important and it can help you see things from a different perspective.

Most likely, erectile dysfunction is a temporary condition in your life, but if you refuse to treat it, it can harm you in many ways. Many men who are suffering from erectile dysfunction believe that they can handle this situation by themselves, that they are all right and don't need any help at all. Yes, it is hard to admit this can affect your sexual life, your self-confidence, the relationship with your partner, your self-esteem and so on. But you are the only person who can overcome it, who can make things work.

The first thing you can do is see a doctor and find out if you are indeed suffering from an erectile dysfunction. Maybe you will see that it's not the case, that the problem is somewhere else. Don't let this problem affect your entire life, it is better to take action and focus on finding the cause and the solution to your problem. The sooner you do it, the better it will be. Don't hesitate and don't lose time, because this won't change the diagnosis.

## Chapter 2: Prevention

Preventing erectile dysfunction is easy and difficult, at the same time. You not only have to take care of your sexual desire, you also have to take care of yourself, from many points of view. Your libido or desire for sex is not something totally independent, it does not happen without the possibility of controlling and influencing it, at least partially. Therefore, when you are sad, irritated, upset, depressed, you will probably feel no need for sex, which means you will not have an erection as quickly as you would have wanted it to happen. On the contrary, if you had a great day, if you are happy, joyful, optimistic, you are more likely to be in the mood for sex and manage to have a firm and strong erection in a short period of time.

This means that there is a connection between your mind and your body and there has to be a balance between the two of them. That is why psychological causes are as important as physical causes, when it comes to erectile dysfunction. If you are going through a stressful time, your body can exteriorize this event through a problem with your erection.

But a physical cause can also be the main reason. You might suffer from a condition you don't know or some medications may interfere with your libido and have a negative impact on your erections. As you can see, there are many things which can influence your sexual life, but you need to focus on yourself and on finding the best solution in your case.

Can erectile dysfunction be prevented? Well, to a great extent, the answer is yes, it can be prevented. If you take great care of yourself, if you try to lead a healthy lifestyle, exercise and reduce stress, there are high chances to have a normal, great intimate life with your partner. We already know that erectile dysfunction can be a symptom of another illness, therefore the healthier you are, the more chances you have to never experience this situation.

You have to stay as healthy as you can for as much as you can, no matter if you are twenty or seventy. Don't get disappointed and don't allow depression to overwhelm you. Do the best you can to have a healthy lifestyle, to be happy and you will see that this will help you a lot. A healthy body trains a healthy mind, which leads to a healthy life. The different aspects of our lives are connected to each other and we really need to establish a balance among all of them.

You can prevent erectile dysfunction by paying attention to yourself and by being an active person. Physical movement is extremely important for your sex life. The more active you are, the better your sex life will be. Other important aspects are a healthy diet, good sleep and a positive attitude, together with stress reduction. All these things contribute to a great sexual life.

It is important to take care of yourself at any age, not only when you are young. In fact, it is extremely important to do that especially when you are getting older, if you want to enjoy life the best you can. But what exactly can you do to prevent erectile dysfunction? Below are some practical tips you should follow:

## **Lead a healthy lifestyle.**

Although this may seem unimportant, it has a significant contribution for your sexual health. You need to take care of the health of your body and mind. Try to make some positive changes, which can include:

## **Losing weight.**

This is the most often cause of erectile dysfunction. Not to mention it puts your life at risk, it makes you feel without energy and it can influence your libido. Obesity is an illness and it has to be treated. So try to focus on a healthy way of losing weight. See a nutritionist to establish a balanced and personalized diet, according to your health conditions and other possible medications.

## **Exercise regularly.**

This is a great method to lose weight, but you should also exercise when you no longer have weight problems. You can go for a run, go to the gym, swim, and exercise at home or anything else. Exercising is great for your physical health, it helps you stay younger and it releases endorphins, which make you feel happy and give you energy.

## **Quit smoking.**

This affects your lungs and your overall health. At the same time, it can be a possible cause for erectile dysfunction. You will see that you will feel much healthier if you give up smoking.

### **Don't overreact with the alcohol use.**

It is true that a glass or two of wine has many benefits for the health of your brain and for your good mood, but if you exaggerate, the benefits become risks.

## **Sleep well.**

Don't underestimate the importance of sleep in your life. It is important to have a good quality sleep at night for 7-8 hours, if you want to be healthy and have enough energy for the following day. Sleep disorders are a frequent cause of erectile dysfunction, so you should not neglect that aspect. If you can't manage to sleep well at night, it is better to see a doctor, because this can be easily treated.

## **Control your illnesses.**

If you are suffering from a chronic disease, you need to keep them under control, by taking your medication and doing the best you can to take care of you. This really helps you maintain functional erections for a longer time. You might also suffer from an illness you are not aware of, so it is advisable to have annual tests, to analyze your health.

**Blood sugar.**

Try to reduce sugar consumption, because this can influence your erections and increase the risk for obesity and heart disease. Eat a healthy diet, more fruits and vegetables and drink plenty of water.

High blood pressure can be another risk factor, which is why you should try to maintain it at healthy levels. Reduce the salt in your diet and don't forget to hydrate yourself.

## **Keep your cholesterol under control.**

High cholesterol can be dangerous for your health and it can occur because of an unhealthy diet and lifestyle. You can reduce it with the help of medication and a change in your diet.

## **Prostate disorders.**

This can be another cause of erectile dysfunction. You should check your prostate once a year, to be sure everything is all right. This reduces the risk of prostate cancer and improves your erections.

**Mental health** is another contributing factor that can lead to erectile dysfunction. Many people believe that erectile dysfunction can be caused by a physical condition; therefore, they don't take into account the mental health. But studies have shown that a mental balance is necessary and it influences your sexual life and the quality of your erections. It is no surprise that stress diminishes your desire for sex and it can also cause a temporary erectile dysfunction. Therefore, try the following things in order to have a great mental health:

**Reduce stress** as much as you can. Try relaxation techniques, like meditation and breathing control.

## **Don't let anxiety overwhelm you.**

Many men who are suffering from erectile dysfunctions feel anxious and ashamed of themselves. But what you have to do is be strong, take control of the situation and fight against anxiety. Try to be optimistic, to have a positive attitude, to find a solution and don't let negative thoughts affect you.

**Depression** interferes with the quality of your sex life and your erections. At the same time, it diminishes your self-confidence and it makes you focus on the negative things in your life. Therefore, don't hesitate to see a doctor and treat depression.

## **Communication.**

A good communication between you and your partner can improve things significantly. This allows you to understand each other and to be honest. At least mentally, it helps you to know that you have your partner's support and understanding. Learn how to talk to each other, to express your feelings, to listen to what your partner has to say, if you want to have a great relationship.

Listen carefully to what your partner is saying.

Express your feelings without hurting the other one.

Focus on finding a solution together.

Talk to each other about the problems you have.

## **Check your testosterone level.**

It is well known that around the age of 50, testosterone levels are lower and this can affect your sexual life. If you have a low libido, low stamina, lack the energy to do simple things and you have troubles with your erections, a low testosterone level can be the cause. See your doctor for treatment options.

Many men believe that they don't have to do anything in order to have a great intimate life. Well, this might work if you are twenty, but as you are growing older, things are starting to change. Therefore, you need to be aware that your health is important and you should take yourself seriously. A great sexual performance is impressive, but it doesn't happen if you are fat or lazy. You need to be involved in your relationship, to try every day to be better and better, to create a connection with your partner.

Preventing erectile dysfunction takes a lifetime, is not something you can do in a couple of days. You need to understand that and work every day to improve the quality of your life, not only your sex life. This is only an additional benefit of a healthy lifestyle. From time to time, do some test to see how your overall health is and discover what you can do to improve the aspects you don't like.

And don't neglect your mental health; it is extremely important to have a balance between your body and your mind. Try to reduce stress, to communicate with your partner, to focus on the good things in your life, to have a positive attitude.

## **Chapter 3: How to Improve Your Sexual Performance**

Many men are worried about their sexual performances. They want to last longer, to make their partners feel good, to be praised for their abilities. And it is nothing wrong with that. All people want to feel good, to enjoy themselves, to feel free and happy. But what do you really expect of your sexual performance? Do you want to satisfy your partner? Do you want to be better than last time? What is your goal? Sexual performance is not only about yourself; therefore “measuring” it can be more difficult, because you have to take into account multiple factors.

Who establishes your sexual performance? Is it you or your partner? Or both? You should answer these questions to know what you have to do. Usually, men define sexual performance as the time of the intercourse. The longer they last, the better they think everything is. And this is partially true. But time isn't everything. You can improve your performance in many ways, depending on the needs of your partner and your own expectations.

**First of all, you should try to relax.**

Many men are obsessed with the idea of lasting longer. And, yes, women have to admit this is important, but is not everything. Other significant things are the attention for your partner, the physical touching, the connection between the two of you, the needs you and your partner have, the expectations you and your partner have. A good communication is the key to solving your sexual problems. If you can't talk to each other, if you don't know what your partner wants, you can't really improve your sexual performance.

## **Try to focus on satisfying your partner.**

This includes talking to her, finding out what she wants, what she needs, what she likes and dislikes. This should be your first step. Then, you can focus on lasting longer. There is some practical general advice you can follow to improve your sexual performance, like paying attention to your diet, exercising, reducing stress. In a short while, you will start seeing the difference.

The good news is that you can always improve your sexual performance, if you really want it. There is no age limit, you only have to know yourself and your partner. Yes, it is annoying and frustrating to experience erectile dysfunction, but this doesn't mean it is the end of your intimate life. Consider it is only a stepping stone you need to overcome.

If you know what you have to do, your sexual performance will increase and both your partner and you will be pleased about it. Here are some tips to improve your sexual performance:

Try to be relaxed. Stop thinking you will not make it and stop worrying about your erections. This puts an additional stress on your shoulders and it will end up affecting your erections. So, try to be relaxed, to enjoy the moments you can spend with your partner. Don't think at anything else, just live the moment and forget about anything else. Try to educate your mind to live in the present, without wondering here and there without a reason.

## **Focus on cardiovascular exercise.**

This improves your health and your sexual performance. You don't need to spend all day at the gym, thirty minutes a day are enough. Swimming and running are great methods to boost your libido and improve your erections. You can also practice other types of sports, depending on what you like. The most important thing is to exercise, to train your body and your mind, at the same time. This makes you feel healthy and be healthy.

Include in your diet the following: garlic, onion, bananas, chilies and peppers, omega-3 acids, eggs, vitamin B1. These contribute to your health and can significantly improve your sexual life.

Get some sun. This makes you feel better and is an excellent boost for your sexual desire. So don't stay inside, get out and enjoy your time. Fresh air is great for increasing your libido, especially summer days and nights. You can think of a vacation together with your partner in a hot destination, where you can practice everything you learn in this book.

Masturbation can help you last longer in bed. Before having sex with your partner, you can practice masturbation.

## **Connect with your partner.**

A great sexual experience involves the two of you. Therefore, don't focus only on your performance, because this will make your partner feel unimportant. Focus on making her feel relaxed, on doing the things she likes. As long as you are not constantly thinking on how to last longer, things will become better.

## **See a sexologist.**

This can be a very good way to learn more about yourself, your sexuality and what you can do to improve your intimate life. You can bring your partner with you and discuss about your problems and your expectations. There is nothing to feel ashamed about. Imagine, these people have to do this every day and they probably heard many things during their careers. So try to be honest and see this experience as an opportunity to find out new things and resolve your problems.

## **Try new things.**

Routine is the enemy of a great sexual life, so do the best you can to avoid it. Try changing the place, the way you dress, try role-playing, whatever keeps you away from routine. Talk to your partner about what you should improve and do the best you can to come to an agreement. A relationship needs time and communication; is not something you can easily do or understand.

## **Increase your self-confidence.**

Usually, women are more likely to have low self-confidence, but this can also happen to men. If you don't trust yourself, if you are thinking on how to last longer and can't get relaxed, you will only make things worse. To increase your self-confidence, try to adopt a positive attitude; do something for yourself, like buying a nice jacket or a new perfume, cut your hair in a different way. See what makes you feel good about yourself, because this will also increase your self-confidence and improve your sexual performance.

## **Try different positions.**

In order to avoid routine and discover new ways of enjoying your intimate life, you should try new positions. Talk to your partner about her fantasies, about what she would like to try, tell her about your own fantasies and try new things. Establish a line you are not allowed to cross, according to your wishes.

## **Practice Kegel exercises.**

They have many benefits and can be practiced by both men and women. You can do them anywhere, at home, while driving, while cooking, at your office or anywhere else. Tighten your pelvic muscle and keep the contraction for a couple of seconds before releasing. You should repeat at least 10 times for a set and you can do multiple sets every day. In time, this improves your erections and makes you able to control yourself for a longer period of time.

## **Be patient.**

If you are going through a difficult time at work, give yourself the time to overcome the problem. Don't expect things to solve immediately and don't become a pessimistic. Instead, try to focus on finding a solution for your problem, without blaming yourself. Even if you decide to see a doctor, don't expect things to change within a week. It takes time to find out what is going wrong, what you should do and it is important to know you can count on the support of your partner.

## **Never give up.**

Sometimes, it takes time to discover the cause of erectile dysfunction and this can be quite frustrating. You may need to try several treatments, but you should not give up. It is only a matter of time and will to succeed. Trial and error is sometimes inevitable, if you aren't lucky enough to get the perfect treatment from the very first time.

You can try supplements or special food to increase your libido, but only with the doctor's recommendation. Don't take supplements without consulting a doctor, because they can have many side effects and interfere with other medication you are taking. They can affect your heart and the well-functioning of your body. As much as you would like to believe they are the answer to your problems, this is rarely the case. Don't play games with your health. If you want to avoid this, always see a doctor before taking supplements.

## Chapter 4: How Is Erectile Dysfunction Diagnosed?

Erectile dysfunction is a very unpleasant subject for men. It is not easy to admit you are going through a rough period, that you need some help to improve your intimate life. But there is nothing to be ashamed for, because this doesn't happen because of you. Or independently of you. Something triggers this situation and it takes time to discover what it is. Sometimes it's a disease or stress or anything else. But without a diagnosis, you don't really know what you have to do. Therefore, stop postponing it, try to establish the cause and find the adequate solution. The sooner, the better.

It is essential to see a doctor when you are dealing with erection problems. A specialist is the only one who can really help you solve the problem. However, this may be a delicate issue for men, who are afraid and embarrassed of the physical consult. We know it can be unpleasant, but it is the only way to establish a diagnosis and get adequate treatment. Remember that your goal is to focus on a solution. And remember that the doctor is there to help you with the medical experience, he/she will know how to make you feel better and get relaxed.

It is better if you know what to expect at the medical consult, therefore we will present you with some useful information.

Write down on a piece of paper all the symptoms you experienced, even those which don't seem to be related to this problem: low libido, troubles having and maintain an erection, low self-confidence, fatigue, anxiety, sleep disorder *etc.*

Write down the major events that happened recently in your life, like changing your job, the death of someone close, problems with your partner.

List all the medications you are taking for your illnesses, including vitamins and supplements.

Prepare a list of questions to address the doctor.

If you feel comfortable, you can bring your partner with you.

It is better to have a set of questions to address the doctor and you can make that list before the consult. Prepare yourself before seeing the doctor, think of what you would like to know about the causes, the investigation methods and the possible treatment options. Get informed before seeing the doctor, so that you can benefit from the consult as much as you can. Here are some possible questions:

What can be the cause of this problem?

What tests should I do?

How long does it take to solve erectile dysfunction?

What are the treatment alternatives?

Are there any physical restrictions?

You should also know that your doctor will ask you some questions, related to your medical history, your previous conditions, stressful events, the relationship between you and your partner, your sexual life and your problems so far. Some questions may seem very personal, but remember they are only to find out the cause of the erectile dysfunction; try not to take things personally and don't get upset about it. You should be open and answer honestly to these questions, because they are only meant to help you.

## **The physical exam.**

The doctor will check your penis, your testicles and your nerves. It will not be painful, only unpleasant. Fortunately, this will only take a few minutes, so try to be as relaxed as you can and think that it will soon be over. It is not as difficult as some men expect it to be and it is not painful, either.

### **Additional tests.**

Usually, the doctor will ask you to do some blood tests, to see your testosterone levels, any possible heart disease diabetes or anything else. You can do them before the consult, if the doctor specifically asks you to.

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## **Urine tests.**

You will probably have to do a urine test, to exclude any health problems or possible infections.

## **Ultrasound.**

This is performed on the blood vessels of the penis. It is advisable to do this ultrasound, to see if you have any blood flow problems. This test can be done with an injection, to produce an erection and have a better result of the blood flow.

**Erection test.**

This test involves wearing a special device around your penis at night, before going to bed. This is used to measure the number and strength of your overnight erections.

## **Electrocardiogram.**

This helps the doctor see if there is something wrong with your heart.

## **Psychological exam.**

Apart from the physical exam, you will probably have to do a psychological exam. This involves answering some questions, to see if you are suffering from anxiety or depression. This can be performed by your doctor or by another specialized doctor.

After the medical consult, your doctor will be able to know if your erectile dysfunction is caused by a physical or a psychological factor. At the same time, he/she will indicate the best treatment method on your case.

## Chapter 5: Treatment Methods

The good news is that erectile dysfunction is treatable. If you are willing to see a doctor and follow his/her instructions, you will actually be able to solve this frustrating problem. There are many treatment methods available nowadays for erectile dysfunction and you should choose the one that best suits you together with your doctor. You need to take into account your previous health conditions, your overall health, your medications and your preferences, as well.

The doctor is there to help you choose the best treatment option; however, if you don't succeed from the first time, don't give up, try a different treatment until you succeed. Regarding the oral treatment method, it is important to know that you have to take these pills for a limited period of time, not your entire life. If they don't seem to work after a while, maybe you should have another talk with your doctor and choose a different treatment. As we have already said, you can't know from the beginning what it is going to work in your case, you just have to try until you find something suitable for you.

Erectile dysfunction responds to numerous treatment methods, according to the primary cause. It is advisable to follow the doctor's guidelines and ask for a second opinion, if you want to be sure of your options. If you are suffering from other health conditions, your doctor will take that into account and prescribe a personalized treatment. He/she has the obligation to explain you about the risks and benefits of each treatment type and also consider your preferences. You can opt for a treatment method together with your doctor and, maybe, your partner.

## **Oral medications**

This is the first option for erectile dysfunction and it works in the case of many men, as long as they don't interfere with other medications or health conditions.

**Among these medications, are:**

Avanafil

Vardenafil

Tadalafil

Sildenafil

Their action is to relax the muscles in the penis, which increases the blood flow and help you have an erection. Your doctor will establish how long you should take these oral pills. Remember you have to come for a second consult after one-two months; if nothing changes until then, it's time to think of a different treatment method.

**Possible side effects of oral medications are:**

Headaches

Visual changes

Stomach upset

Nasal congestion

Flushing

It is also important to know that it may take a while for a certain

medication to be effective, so you need to be patient. More than that, you may need to try several types of medications before finding something that works for you. It takes time and you need to be aware of it. But don't give up.

## **Self-injections with alprostadil.**

This is another treatment method, which involves injecting a substance at the base of your penis. The immediate result of this injection is a strong erection, which will last about an hour.

### **Possible side effects:**

Bleeding

Prolonged erection

Fibrous tissue at the injection place

## **Urethral suppository with alprostadil.**

This involves placing a suppository with alprostadil inside your penis, more specifically in the penile urethra. This is done using a special instrument. The result is a strong erection, which appears in the following ten minutes and lasts for about thirty-sixty minutes.

### **Possible side effects:**

Bleeding

Pain

Fibrous tissue inside your penis

## **Testosterone replacement therapy**

This is another popular method used for treating erectile dysfunction. It is not painful, it can increase your libido and improve your sexual life. But the results do not appear immediately and the side effects are not very pleasant, so you will have to wait a while before noticing the changes and overcoming some of the side effects.

### **Possible side effects:**

Penis aching

Breast enlargement

Acne

Urination problems

Scarring

## **Penis pumps**

More and more men prefer to use a penis pump in order to have an erection. This is a tube placed over your penis, which sucks the air inside of it. When you have an erection, you have to place a tension ring around your penis, to hold the blood flow and keep it firm. The erection typically lasts for about fifteen-thirty minutes and you have to remove the ring after intercourse. This is not a very pleasant method, but it works for the majority of cases, so it can work for you, too.

### **Possible side effects:**

Restriction of ejaculation

Penis bruise

Cold penis

## **Penile implants**

This is another method to treat erectile dysfunction. This involves placing devices into both sides of your penis, under surgery. Doctors usually use inflatable or semi rigid rods. Inflatable rods help you control when you will have an erection and for how long; semi rigid rods can help you keep your penis firm, but still bendable. However, you should know that this method is recommended only after you have unsuccessfully tried all the other methods. It has some risks; therefore, you have to be sure you really want to do this.

### **Possible side effects:**

Infection

Other surgery complications

## **Surgery of the blood vessel**

This is also a treatment method which requires surgery; therefore, there are some risks you need to take into account. The surgery is realized with the help of a vascular stenting or with a bypass procedure. This surgery can be performed when the blood vessels are leaking or are obstructed and this leads to erectile dysfunction. It is a quite rare case, but it can happen.

### **Possible side effects:**

Surgery complications

Pain

Beside these treatment methods, there are also natural remedies, which can improve your erections and increase your desire for sex.

Panax, Ginseng and Rhodiola Roseola are used for naturally treating erectile dysfunction.

DHEA (Dehydroepiandrosterone) is a natural hormone that can be converted to estrogen and testosterone. You can take it as a dietary supplement

L-Arginine is also very effective for erectile dysfunction. Some studies suggest that L-Arginine with Pycnogenol can significantly improve sexual life after two-three months.

Acupuncture is a controversial treatment, which had great results for some men and poor results for others. It might work for you, if you are willing to try it.

Zinc supplements can improve your erectile dysfunction, especially if your body is low on zinc.

Remember that you need to try more possibilities before finding the best solution for you, in case you don't succeed from the very first time. That is why you need to talk to your doctor and discuss about the treatment. Try to be optimistic and focus on what you have to do, rather than spend your time getting frustrated or upset. Fortunately, erectile dysfunction can be treated, you just need to find the best solution. Don't take any supplements or try any new treatments without the approval of your doctor.

## Conclusion

Erectile dysfunction can be a very difficult time in your life, if you allow it to control your life and change who you are. But you shouldn't allow this to happen; on the contrary, you have to fight to overcome this moment, to maintain a positive attitude and to find a balance. Even if your self-confidence has been affected by this situation, this doesn't mean your entire life will be like this.

You need to find support, to talk to your partner and your doctor; you can also see a therapist to help you cope with this difficult experience. As hard as it may seem, you need to move forward and focus on yourself and your partner. As you have already seen, erectile dysfunction is treatable; therefore, you just need to find the adequate treatment.

At the same time, try to change your lifestyle, to lead a healthy life, to be positive and enjoy your life, together with your partner. Focus on improving the relationship between the two of you, on creating a balance between your body and your mind and on being happy. Erectile dysfunction is a temporary condition and you will be able to overcome it, if you are patient and persevering.

Do the best you can to improve the quality of your life and changes will be visible in a short period of time. Try to connect with your partner, with yourself and remember that you have to be strong, in order to succeed. Keep a positive attitude and you will make it!

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